**Winter Running Club (Hardcore Runners)** will begin Tuesday, November 5th at 3:15 pm and end on February 26th. We will meet in the fitness room (next to room 104) and run until **4:00 pm** every **Tuesday** and **Wednesday** that school is in session, regardless of weather. If the weather is dangerously cold, we will do a strengthening workout indoors. If your student is interested in running, please arrange transportation or let me know if they will be walking home. Prompt pickup is necessary as I am taking classes at NIU DeKalb in the evening and need to leave on time. I will communicate any necessary cancellations via the Remind app and they will be posted on the hardcore running website (see below).

As the weather becomes colder, winter running gear such as a hat, balaclava, gloves, tights, jacket, etc. will be required. I can provide suggested clothing options if requested. Shoes must fit snugly to be safe in slippery conditions.

This is a great way to maintain a base level of fitness for spring sports or to just keep a healthy exercise routine. If you attend 90% of the time, you will earn a hardcore running t-shirt. Please provide a size (adult) so we can get them ordered at the end of the season if you qualify: T-SHIRT SIZE (small, medium, large, x-large).

If you approve of your student participating, please sign the form and complete the information section. **For more information and to keep up to date on Running Club happenings, visit https://sites.google.com/ipsd.org/fischerhardcorerunning**

**Kevin Cox** **kevin_cox@ipsd.org** **630-375-3100 x.9543**

Student Name _____Grade Level _____Shirt Size _____

Parent Name _____

Parent Signature _____

Contact phone number between 3:00 pm and 4:00 pm _____

**Winter Running Club (Hardcore Runners)** will begin Tuesday, November 5th at 3:15 pm and end on February 26th. We will meet in the fitness room (next to room 104) and run until **4:00 pm** every **Tuesday** and **Wednesday** that school is in session, regardless of weather. If the weather is dangerously cold, we will do a strengthening workout indoors. If your student is interested in running, please arrange transportation or let me know if they will be walking home. Prompt pickup is necessary as I am taking classes at NIU DeKalb in the evening and need to leave on time. I will communicate any necessary cancellations via the Remind app and they will be posted on the hardcore running website (see below).

As the weather becomes colder, winter running gear such as a hat, balaclava, gloves, tights, jacket, etc. will be required. I can provide suggested clothing options if requested. Shoes must fit snugly to be safe in slippery conditions.

This is a great way to maintain a base level of fitness for spring sports or to just keep a healthy exercise routine. If you attend 30 or more times, you will earn a hardcore running t-shirt. Please provide a size (adult) so we can get them ordered at the end of the season if you qualify: T-SHIRT SIZE (small, medium, large, x-large).

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Student Name _____Grade Level _____Shirt Size _____

Parent Name _____

Parent Signature _____

Contact phone number between 3:00 pm and 4:30 pm _____